

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Applicant	:	Richard D. Charnitski)	Group Art Unit unknown
)	
Appl. No.	:	unknown)	
)	
Filed	:	herewith)	
)	
For	:	INERTIAL RESISTANCE EXERCISE)	
		APPARATUS AND METHOD)	
)	
Examiner	:	unknown)	
)	

PRELIMINARY AMENDMENT

Commissioner for Patents
P.O. Box 1450
Alexandria, VA 22313-1450

Dear Sir:

Prior to examining the above-captioned application, please enter the following amendments.

Amendments to the Specification begin on page 2 of this paper.

Amendments to the Claims are reflected in the listing of claims which begins on page 3 of this paper.

Remarks begin on page 4 of this paper.